

**Town of Monterey Board of Health**  
**MASSAGE PRACTITIONER REGULATIONS**  
**Revised 10/24/00 effective 1/01/2001**

Pursuant to the provisions of Chapter 111, Section 31 and Chapter 140, Sections 51, 52, and 53 of the General Laws as amended, the following rules and regulations pertaining to massage and vapor, pool, shower, and other baths are hereby adopted effective January 1, 1990, by the Town of Monterey.

**Section 1. Definitions:**

A. Definition of Massage Therapy: The systematic and scientific manipulation and treatment of soft tissue of the body, by use of pressure, friction, stroking, percussion, kneading and vibration, by manual or mechanical means, range of motion, and non-specific stretching.

Massage may include the use of hydrotherapy technique for the purpose of maintaining good health and establish and maintain good physical and mental condition.

Massage Therapy does not encompass diagnoses, the prescribing of drugs or nutritional supplements, spinal or joint manipulations.

B. Practitioner of massage or massage therapist shall mean any person who practices or administers as defined in these rules and regulations.

C. Person shall be construed to include an individual, partnership, firm, company, corporation, association, or respective agents thereof.

**Section 2. Licenses Required:**

A. No person shall engage in the practice, attempt to practice or advertise or hold oneself out as being engaged in the practice of massage, whether for a fee, other reward, or gratuity without a license issued by the Board of Health pursuant to these regulations.

B. No person shall operate or conduct any massage establishment or hold oneself as operating or conducting a massage establishment without a license to operate a massage establishment issued by the Board of Health. See Requirements for licensing Massage & Health Fitness Establishments issued by the Board of Health.

**Section 3. Application and Fees:**

A. To be eligible for a license as a practitioner of massage a person must file with the Board of Health:

1. An application on forms prescribed and furnished by the Board of Health showing:

- a. Full name and address.
- b. Height, weight, and color of eyes and hair.
- c. Business, occupation, or employment for the three (3) years immediately preceding the date of the application.
- d. Massage or similar business license history, including whether application in previous massage establishment or other operation in another town/city had license revoked or suspended, the reasons therefore, and any business occupation subsequent to the action of suspension or revocation.
- e. All criminal convictions and grounds therefore.

B. The name of three (3) personal references, their addresses and phone numbers.

C. One (1) current photograph 2"x2" and one government issued I.D.

D. An appropriate fee shall be set by the Board of Health for an annual license effective January 1 through December 31 of each year. Fees for licensure shall be prorated for all **new** license applications received after June 30.

<b>Received on June 30<sup>th</sup> but before August 1<sup>st</sup>:</b>	<b>50% of total fee</b>
<b>Received on August 1<sup>st</sup> but before October 1<sup>st</sup></b>	<b>40% of total fee</b>
<b>Received on October 1<sup>st</sup> but before December 31<sup>st</sup></b>	<b>30% of total fee</b>

E. A diploma, certificate of graduation from a formal therapeutic massage school and/or program or proof of a passing score on the National Certification Examination for Therapeutic Massage and Bodywork and certification by the National Certification Board for Therapeutic Massage and Bodywork.

National Certification Board for  
Therapeutic Massage and Bodywork  
8201 Greensboro Drive, Suite 300  
McLean, VA 22102  
(800) 296-0664 or (703) 610-9015  
www.ncbtmb.com

"Recognized School" shall mean any school or institution of learning, which has for its purpose the teaching of the theory and practice of massage as defined in these rules and regulations. Such school must require a resident course of study of minimum subject content/hours as follows:

The following subjects/hours are required for license to practice massage:

Anatomy and Physiology of the Muscular, Skeletal, and Intequementary systems, including functional anatomy and dynamics of human motion.	(90-100 hours)
Massage technique and theory including indications, contraindications, and basic hygiene sanitation.	(100 hours)
Supervised Practicum concurrent or immediately following classroom courses.	(200 hours)
Current CPR Certification by American Red Cross or American Heart Association.	
Current Certificate in Basic First Aid.	
Life Skills, including personal health practices, stress management, communication skills, and goals clarification.	(75

hours)